

# Worksheet #1      Name the Component

For each of the following food items, name the component(s) group the item provides.

M/MA - meat/meat alternate

F/V - fruit/vegetable

G/B - grains/breads

MILK

O- other.

Soft Bread Pretzel	_____	Cantaloupe	_____	Cheese Sauce	_____
Ham Pattie	_____	Hot Dog	_____	Carrot Bar	_____
Baked Beans	_____	Cherry Gelatin	_____	Strawberry Shake	_____
Cinnamon Roll	_____	Orange Juice	_____	Deli Turkey Breast	_____
Popsicles	_____	Flour Tortilla	_____	Frozen Juice Bar	_____
Salsa	_____	Potato Chips	_____	Corn	_____
Chocolate Chips	_____	Peach Yogurt	_____	Chicken Fajita Strips	_____
Egg Salad	_____	Graham Crackers	_____	Oatmeal Cookie	_____
Macaroni Salad	_____	Bacon	_____	Cold Cuts Combo: Salami, Bologna, & Ham	_____
Curly Q Fries	_____	Saltine Crackers	_____	Long Grain and Wild Rice	_____
Fritos/Cheetos	_____	Apple Cinnamon	_____		
Doritos/Pretzels	_____	Muffin	_____	Baked Potato	_____
Iced Tea	_____	Shredded Cheese	_____	Raisins	_____
French Bread	_____	Dill Pickles	_____		

## Worksheet #2 Calculating Grains/Breads



- 1) **Hamburger Bun - Package weighs 1 lb 2 oz and contains 12 buns**

**Step 1. Convert weight of package to ounces**

1 lb 2 oz = \_\_\_\_\_ ounces

**Step 2. Calculate the weight of an individual bun in ounces**

Total weight of the package in ounces \_\_\_\_\_ divided by the  
number of servings \_\_\_\_\_ = \_\_\_\_\_ ounces per bun

**Step 3. Find the correct Group from Grains/Breads List**

Group \_\_\_\_\_

**Step 4. Calculate the grains/breads serving(s) per bun**

Weight of one bun \_\_\_\_\_ in ounces divided by the weight of one  
grains/breads serving from Group \_\_\_\_\_ in ounces  
= \_\_\_\_\_ grains/breads serving(s) per bun

**Step 5. Round down to the nearest ¼ serving**

= \_\_\_\_\_ grains/breads serving(s) per bun

- 2) **Frosted Wild Berry Toaster Pastries (*Toast'em* brand) - Package weighs 11 oz and contains 6 pastries per box**

Group? \_\_\_\_\_ Each pastry = \_\_\_\_\_ grains/breads serving(s)

- 3) **Old El Paso Taco Shells – Package weighs 4.5 oz and contains 12 shells per box**

Group? \_\_\_\_\_ Each taco shell = \_\_\_\_\_ grains/breads serving(s)

- 4) **Mission Flour Tortilla – Package weighs 17.5 oz and contains 10 tortillas per package**

Group? \_\_\_\_\_ Each flour tortilla = \_\_\_\_\_ grains/breads serving(s)

## Worksheet # 3      Offer Versus Serve

### Would the following student trays for grades K-6 qualify for reimbursement?

<u>Lunch Menus:</u>	<u>Student Takes:</u>			
Grilled Chicken Sandwich (2 oz meat / 2 g/b)	Grilled Chicken Sandwich	Yes	or	No
Baked Beans - (1/4 c)	Potato Rounds			
Potato Rounds - (1/2 c)	Potato Rounds	Yes	or	No
Oatmeal Cookie - (3/4 g/b)	Oatmeal Cookie			
Milk - (1/2 pt)	Milk			
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Spaghetti with Meat Sauce (1 c pasta / 1.5 oz meat)	Spaghetti with Meat Sauce	Yes	or	No
Green Beans - (1/2 c)	Milk			
Garlic Bread - (1 g/b)	Spaghetti with no Meat Sauce	Yes	or	No
Fresh Grapes - (1/4 c)	Garlic Bread			
Milk - (1/2 pt)	Fresh Grapes			
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Beef Tacos - (3 each) (2 oz meat, 1/4 c veg., 1 g/b)	Tacos – 2 each	Yes	or	No
Assorted Fresh Veggies – (1/4 c)	M&M Cookie			
Spanish Rice - (1/2 c)	Milk			
Sliced Peaches - ( 1/2 c)	Tacos – 3 each	Yes	or	No
M & M Cookie - (1/2 g/b)	Spanish Rice			
Milk - (1/2 pt)	Sliced Peaches			

### Would the following student trays for grades K-12 qualify for reimbursement?

<u>Lunch Menus:</u>	<u>Student Takes:</u>			
Assorted Cereal - ( 1 oz)	Cereal	Yes	or	No
English Muffin - ( 1 oz)	Orange Juice			
Orange Juice - (4 oz)	Milk			
Milk - (1/2 pt)				
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Egg & Cheese Biscuit ( 1 1/2 oz meat alternate, 2 g/b)	Egg & Cheese Biscuit	Yes	or	No
Apple Slices - (1/2 c)	Milk			
Milk - ( 1/2 pt)				
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HM Cinnamon Roll – (2 1/2 g/b)	Cinnamon Roll – 1/2	Yes	or	No
Cantaloupe Cubes - ( 1/2 c)	Milk			
Milk - (1/2 pt)				

## Worksheet # 4      Standardized Recipes



As you read this recipe, there are areas where more specific information is needed in order to standardize the recipe. Go through the recipe and circle those items that need to be corrected or clarified.

### Kennedy School's Favorite Soup

Ingredient	Amount	Procedure
Margarine or butter	10 oz	Melt fat in steam-jacketed or other large kettle.
Onions, finely chopped	10 oz	Add onions and sauté until tender
Flour, all-purpose	12 oz	Add flour and seasonings. Stir until blended.
Pepper	1 tsp	Cook for 5 minutes, stirring often
Salt	to taste	
Chicken base	3 oz	Stir in chicken base, then add water and milk, stirring constantly
Water	3 qts	Reduce heat and cook until thickened, stirring often
Milk	1 ½ gal	Add cheese and stir until melted
Cheese	2 lbs 8 oz	
Broccoli cuts, frozen	4 bags	Steam broccoli until just tender. Add to cheese mixture and heat to serving temperature

Yield: Makes 3 large pots

Portion: 1 ladle

# Worksheet #5

## Menu Planning and Production Records: Completing a Daily Production Record

The following reflects information needed in order to complete the May 18th daily production record for the Parkhurst School District which is a K-12 school with one feeding site.

Emily Jurgens is the food service manager. Today she plans to feed a total of 310 students; she plans on an average of 25 teachers daily. The office called in a meal count of 210 for grades K-5 and she generally plans on feeding approximately 100 students daily in grades 6-12. Offer Versus Serve is available in grades K-12. A la carte items, such as buying a second entree, a second dinner roll or a dessert item, are available on a daily basis.

Emily has planned one of their favorite meals: Spaghetti with Meat Sauce. She has also decided to serve Green Beans, Orange Quarters, Garlic Breadsticks, an Oatmeal Cookie and Milk. In addition to the main entrée, she also offers a Chef Salad (2 oz meat and 1 g/b serving) and a different Cold Sandwich daily (2 oz meat/meat alternate and 2 g/b servings) as entrée choices to all grades.

When serving this entree, the spaghetti is piled high on the tray with meat sauce ladled over the top. The elementary serving size is 3/4 cup spaghetti with a 3 ounce ladle of sauce. The secondary serving size is a 1 cup portion of pasta with a 4 ounce ladle of sauce. Since spaghetti is such a popular entrée, she is only going to prepare 10 chef salads and 20 sandwiches for grades K-12. Both grade groups will be offered 1/2 cup of green beans. With the orange quarters, elementary students will be offered 2 quarters; secondary students will be offered 4. Elementary students will be offered 1 breadstick; secondary students will be offered 2. Both grade groups will be offered one cookie and one carton of milk each.

When preparing this entree, they use USDA recipe, Q-15. They prepare enough sauce/pasta for 400 servings. The recipe calls for all ground beef; however, Emily wants to use some ground turkey, so she has substituted ground turkey (35 pounds) for half of the meat. She is currently out of commodity ground beef so she uses 85/15 ground beef that was purchased. The 70 pounds of ground meat will provide 400 – 2 oz portions of meat.

If everyone wanted green beans, Emily would need to open up 14 cans. Today she used 11 #10 cans and added no margarine. She orders size 113 oranges and the total weight used was 55 pounds.

For the garlic breadsticks, she starts with a frozen breadstick by Rich's and tops them off with a margarine/ garlic powder mixture. They melt 1 pound of Sysco Classic margarine and add 1 tablespoon of garlic powder. They generally make 450; they weigh 1 ounce each.

Emily did some calculating and created a standardized recipe for her grandmother's oatmeal cookie that the children really like. The recipe makes 400 - 3/4 ounce cookies.

The school offers two kinds of milk: skim chocolate and 1% white. In the beginning of the year, Emily counted milk by kind every day for one week. At the end of the week, she determined the averages and found that 75% of the children take Robert's chocolate milk on a daily basis and the remaining 25% take white milk on a daily basis.

Whenever they have spaghetti, she sets out a container of Parmesan cheese. They went through 2 1/2 pounds.

As a result of meal service, Emily notes the following: Spaghetti with Meat Sauce – sold 16 servings, had 2 gallons of Sauce leftover and 4 pounds of Pasta; sold 50 Breadsticks, had 25 leftover; sold 35 Cookies, had 45 leftover. In grades K-5, two students chose a chef salad and 8 students chose the ham and cheese sandwich. In grades 6-12, 8 students took a salad and 10 students took the sandwich as their main dish with 2 leftover.

After lunch, the school secretary who is responsible for the daily meal count lets Emily know that the actual meal count for the day was 305 students and 25 adults. This does not include the food service staff which numbers 5; they sit down and eat after they're done serving.

Right before serving, Emily records the temperatures of any Potentially Hazardous Foods (PHF) for the day. The Meat Sauce temped at 172°; Chef Salads and Cold Sandwiches do not need to be temped.

Finally, don't forget to record the ounces of meat/meat alternate and calculate the number grain/bread servings offered for the day.

# Lunch Production Record

Attachment K-2: 2006-07

School: \_\_\_\_\_ Date: \_\_\_\_\_ Year: \_\_\_\_\_

<b>Planned Number of:</b> Student Lunches _____ Adult Lunches _____		<b>ENHANCED MEAL PATTERN</b> Planned # Portions/Serving Size		
<b>Menu</b>	<b>Cooking Temp./ Time *</b>	<b># Planned for K-6</b>	<b># Planned for 7-12</b>	<b># Planned for K-3 (Opt)</b>

**Offer Versus Serve**  
 Yes \_\_\_\_\_ No \_\_\_\_\_  
**Grades:** \_\_\_\_\_  
**Seconds/A la Carte Items Sold from the Main Line**  
 Yes \_\_\_\_\_ No \_\_\_\_\_

**PER STUDENT:**  
**# of Grain/Bread Servings (Minimum of 1 serving per day)**  
                             Today      So far this week  
 K-6                      \_\_\_\_\_  
 7-12                    \_\_\_\_\_  
 K-3 (opt)              \_\_\_\_\_  
**# of Meat/Meat Alternate Ounces (Minimum of 1 ounce per day)**  
                             Today      So far this week  
 K-12                    \_\_\_\_\_  
 K-3 (Opt)              \_\_\_\_\_

\* Record highest cooking temperature on potentially hazardous foods and the time it was taken. Temperatures in violation must be circled with Corrective Action documented on the *Cooking and Reheating Temperature Log*.

Food Items Used and Form	Indicate if: School Recipe (SR) or Product Brand/Number or Commodity (C)	Total Amount Prepared: Record Number of Servings or Pounds	Number of Seconds / A la Carte Items Sold	Amount Leftover
Meat/Meat Alternate				
Fruits/Vegetables				
Grains/Breads				
Milk				
Other (e.g. margarine, condiments)				

\_\_\_\_\_ Students + \_\_\_\_\_ Adults + \_\_\_\_\_ Food Service Staff = \_\_\_\_\_ Actual Count of Meals Served